



Family and Consumer Sciences

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Ann Arnold
Extension Educator



Better Kid Care 36-Hour Training Scheduled

A Better Kid Care 36-Hour training series is scheduled for June 9, 10, 11, and 16, 17, 18. All six sessions will be held at MSU Extension-Bay County, 515 Center Avenue, Suite 301, Bay City, Michigan, from 9 a.m.-3 p.m.

This program prepares adults interested in offering child care services in the home with the basic competencies to become licensed child care providers. Topics covered in this training include: child development; nutrition; infant, child, and adult cardio-pulmonary resuscitation (CPR); positive discipline, learning through play, and business development.

The cost for this class is free. Those who complete the entire series will receive a certificate of completion. Additionally, 3.6 CEUs (continuing education units) are available for this series. CEUs must be requested at the time of registration. The cost is \$15.

For more information or to register, contact MSU Extension – Bay County or Sue Kukla, BKC

program associate, at (989) 895-4026, kuklas@baycounty.net.

Additional Online Resource Available to Child Care Providers

Parenting Education Website
at www.parentinged.msu.edu. The purpose of this site is to provide a variety of resources for MSU Extension educators, parents, and others seeking parenting education information. The site contains parenting curriculums, parenting resources, multicultural parenting education, funding information, and research journal articles. All of the materials have to meet certain criteria in order to be included in the database. Michigan State University is one of several other land grant universities which has contributed materials to support this Website.

Swine Origin Influenza A(H1N1)

Information for child care providers from the Center For Disease Control (CDC). The CDC has identified cases of swine-origin influenza in people from several states in the United States. Please visit the CDC Website for updates at www.cdc.gov/swineflu.

Here are a few of the suggestions that the CDC recommends for child care providers and child care centers:

- Review your plans for responding to a pandemic. Make sure that they are up to date and

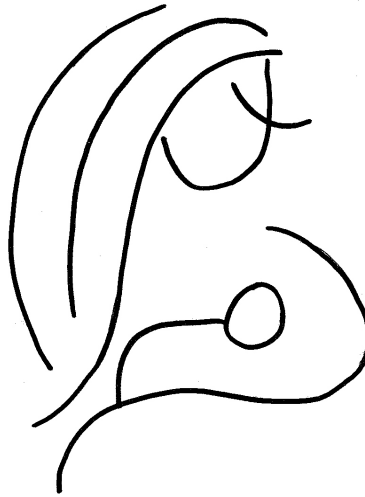
workers and parents know what they are.

- Remind workers not to come to work if they have influenza-like symptoms..
- Remind parents about and enforce policies for having ill children stay at home during their illness. Symptoms of influenza include: fever, cough, sore throat, body aches, headache, chills, fatigue, and, in some cases, diarrhea.
- Remind child care staff to clean/sanitize/disinfect frequently touched surfaces within the facility.
- Provide information to parents on steps they can take to prevent the flu. The flue fact sheet attached could be distributed to parents and/or posted on bulletin boards and near doors.
- Wash hands with soap and water for at least 20 seconds, or as long as it takes to sing "Happy Birthday" twice.
- Clean with alcohol-based hand sanitizer. Rub your hands together until the gel is dry.
- A child with influenza may be infectious for up to 10 days after illness onset, while adults are likely to be infectious for 5-7 days.
- Avoid touching your eyes, nose, and mouth. That is how the virus it spread.

Sanitize often. Influenza can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface. This virus is spread from person to person just like the regular flu virus is spread. The CDC is still trying to find out specific information about this

strain of influenza. Please check the CDC's Website often, as conditions and situations rapidly change and these recommendations may change over time.

This Swine Origin Influenza A information was prepared by the Center for Disease Control.



WIC Breastfeeding Club of Bay County sets Summer 2009 Schedule

New moms and moms-to-be are welcome to join the WIC Breastfeeding Club, whose purpose is to provide support for breastfeeding, parenting, and personal goals.

For the summer 2009 schedule, the Breastfeeding Club will meet once a month, on the second Wednesday in June, July, and August. All meetings at 10 a.m.!

June 10, 2009 - Wirt Library

Story time and helping you establish a summer reading program with your child is planned. Start time 10 a.m.

July 8, 2009 - Saginaw

Children's Zoo. Club will meet at the Saginaw Children's Zoo at 10 a.m. for a fun-filled day of train rides, carousel rides, and animal displays.

August 12, 2009 - Bay County Fair & Youth Exposition

Club will meet at 10 a.m. at the Canteen Building at the Bay County Fairgrounds. This is 4-H fair week, so be prepared for lots of activity. A snack from a local farmers market will be provided.

Be on the lookout for the Rock 'N Rest locations at area festivals throughout the summer months. Rocking chairs and water will be provided at these feeding and diaper changing areas. While there are no exact locations for these rest stations yet, Rock 'N Rest tents are planned for the Bay City Fireworks Festival and the Bay County Fair & Youth Exposition.

The Breastfeeding Friendly Diaper Bag project is a great success and going strong at Bay Regional Medical Center. There is still a need of gently used jeans and corduroy pants to be made into future diaper bags! Your greatly appreciated donation can be dropped off at the MSU Extension - Bay County office.

For more information on anything in this article or any further information on breast feeding, contact MSU Extension - Bay County at (989) 895-4026 and ask for Kim Langley, MSUE program associate, E-mail her at langleyk@baycounty.net or call the WIC clinic at (989) 895-4002.



Picnic Food Safety

We know food borne illness increases in warm weather. We also know that consumers can follow some simple steps to safer food in the summertime.

CLEAN: Wash hands and surfaces often.

- Unwashed hands are a prime cause of foodborne illness.
- When eating away from home, pack clean, wet, disposable washcloths and paper towels for cleaning hands and surfaces.

SEPERATE: Don't cross contaminate.

- When packing the cooler chest for an outing, wrap raw meats securely; avoid raw meat juices from coming in contact with ready to eat foods.
- Wash plates, utensils, and cutting boards that held the raw meat or poultry before using again for cooked food.

CHILL: Refrigerate Promptly.

- Once canned foods are opened, put the in the cooler.
- Holding food at an unsafe temperature is a prime cause of food borne illness. Keep cold foods cold!
- Foods like luncheon meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water.

- Pack canned beverages in one cooler and perishable foods in another cooler because the beverage cooler will be opened frequently.
- Keep the cooler in the shade or shelter, out of the sun to keep foods cold.
- Once gel packs, ice, and other cold sources melt, perishables are not safe – discard them.
- Cut melons need to be kept cold. Melons, such as watermelons and cantaloupe, can cause food borne illness. Bacteria, such as Salmonella and Shigella are often present on the rind. Wash melon thoroughly before cutting, then promptly refrigerate cut pieces. Melons are not acidic like most fruits, so they can support the growth of harmful bacteria.

For more nutrition information contact Karen Parker, SNAP-Ed program associate, MSU Extension - Bay County at (989) 895-4026 or E-mail her at parkerk@baycounty.net.

Information obtained from Penn State University, Northampton County Cooperative Extension.



Stretching Your Food Dollar

Grocery shopping can be a real challenge, especially if you are on a limited budget. Because food is

a controllable expense, it can be a target for reduced spending when money is tight. Before dashing out to the supermarket, it's important to "do your homework." Take the time to look through the newspaper ads, plan meals, and make a shopping list. By doing so, you are more likely to find the best buys, avoid impulse purchases, and eliminate extra trips for forgotten items.

As you plan your menus, follow these important steps:

- Check newspaper ads for special sales. Planning your meals around specials and seasonal foods can save money.
- Clip coupons. You can save money if the item is one you would normally buy and if the item is less expensive than similar brands.
- Use the new Food Guide Pyramid to plan nutritious meals and snacks. Healthy foods give you more for your dollar.
- Take advantage of seasonal specials. Food, especially fresh fruits and vegetables, are generally less expensive when in great supply.
- Consider food preferences. When you serve popular foods, you increase eating pleasure. Make a collection of economical, nutritious recipes that your family likes and serve them often.
- Think appetite appeal. Since we eat with our eyes, plan meals using foods of contrasting colors, textures, flavors, sizes and shapes.
- Plan the use of leftovers. They can be used in casseroles, soups, for snacks and in lunch boxes.

If there is food waste in your household ask yourself, “Why?” Are you buying too much? Is food refused or left on the plate? Are servings too large? Is the food cooked properly? Encourage the entire family to help in the menu planning and meal preparation so that you have help in making decisions that affect the eating pleasure of the entire family.

This material was taken from *Surviving and Thriving in Troublesome Times* written by Sharon Jeffrey Extension Educator/Housing Advocate MSU Extension-Clare County



Literacy Corner

The book *Eating the Alphabet* by Lois Ehlert is a great book about fruits and vegetables. It also includes colorful illustrations of a variety of fruits and vegetables, including a glossary of all the foods shown. The book provides both the history and geography of where the different fruits and vegetables come from.

- Math and Science: Head to your kitchen and pull out fruits and veggies that you may have (fresh, frozen, canned). Ask the children to sort them by color, texture, or by size.
- Reading Readiness: Look for the letters in the book that are the same as the first letter of the child's name. Ask them to find the other letters of their name and offer help if they need it.
- Music and Movement: Move like fruits and veggies. Walk like a tomato, hop like broccoli, roll like an apple or bend like a banana.
- Motor Skills: Let the children

help you prepare fruits and veggies for a snack or a meal. Ask them to help you by peeling an orange or banana. They can also separate an orange into sections, scoop seeds from a melon, or use a dull knife to cut small pieces of ripe fruit.

- Art: Paint with fruits and veggies. Use celery stalks and dip the leafy end into paint to make paintbrushes. Use potatoes or apples sliced in half with shapes cut out of them or carrots to produce shapes dipped in paint for stamping.
- Pretend Play: Pretend you are chefs preparing a special salad with lots of different fruits and veggies. Ask the children what you should put into your salad and why. Ask them where you should eat your salad and what you need to eat it with too.
- Thinking Skills: Using the glossary at the back of the book, notice which things are fruits and which are veggies. Ask the children to tell you why something might be a fruit, and why another might be a veggie. For things that are both fruit and veggie (avocado, eggplant, jalapeño, okra, pepper, and others) ask them why they think they might be both.



Snack Corner

Snacks are a great way to entertain children and allow them to help with food preparation. Try these

fun and easy snack ideas in your child care setting.

Remember to have all chefs wash their hands before touching food. Serve only foods that are age appropriate for the children in your care. Note: Some foods can be choking hazards, cook hard veggies to soften and make them easier to chew.

- Veggies Rainbow: Wash a rainbow of veggies: red tomatoes, orange carrots, yellow peppers, green celery, purple cabbage. Have an adult cut up the veggies and then have the children arrange them in a rainbow shape on a tray. Encourage children to taste veggies from all the color bands. Allow children to talk about each of the different tastes.
- Eating Colors: Serve the same food in different colors, such as red, green, and yellow apples. Next, serve different foods that are the same color, such as oranges, carrots, and cantaloupe. Finally, serve different foods that are different colors, such as red apples, orange oranges, purple plums, and yellow bananas. In each case, ask how each group of foods are different or the same.
- Taste Testing: Serve the same food in different ways. Use canned peaches, fresh peaches, and dried peaches. Have the children taste each of them and ask if they taste differently and describe the different tastes. Try this with other fruits, vegetables.

Snack ideas provided by *101 + Snack Time Ideas* by the Penn State Better Kid Care program.



Promoting a Healthy Lifestyle Through Gardening

Most children do not get enough of the recommended servings of fruits and vegetables or amount of physical activity each day. By gardening and growing your own fruits and vegetables with the children in your care, you have a direct impact on your own health, the children's health, and the health of their families.

Here are some good reasons to garden with children:

- Gardening can be incorporated across many learning subjects including science, math, nutrition, literacy, and health.
- Children can better understand the role of food in life by learning about healthy eating and good nutrition.
- Gardening teaches children that plants, like people, need food and water to grow and stay healthy.
- Gardening can provide a sense of community by linking with neighbors, volunteers, parents, and community businesses.

- Children learn to value the garden by developing a sense of pride and positive self-esteem.
- Caring for plants helps children develop a sense of responsibility.

Best of all – children are more likely to eat something if they helped grow it. Gardening offers benefits for you and the children in your care. In a garden you can be active, relax, spend time together, and learn new things. Remember, one of the best things you ever grow may be a gardener!!

For more information or questions, please contact: Ann Arnold, Extension educator, at (989) 895-4026 or by E-mail at arnolda6@msu.edu.

References: *Got Dirt?*, Dept. of Health and Family Services, Wisconsin Nutrition and Physical Activity Program, Madison, WI, 2005. *Nibbles for Health #34 Grow a Family Garden*. National Gardening Assoc. Parents' Primer.



Better Kid Care Programming

BKC is currently operating under a grant extension from the Early Childhood Investment Corporation (ECIC). The current grant cycle expires at the end of August 2009. The BKC staff on MSU campus is currently writing a Request For Proposal (RFP) for the next grant cycle available from the ECIC.

MSU Extension - Bay County will be getting updates on the RFP progress from campus. As with anything else in life, with a new grant come new rules, but new programming guidelines won't be known until the RFP is accepted.

If you have any questions, contact MSU Extension - Bay County at anytime.

MSU Extension - Bay County is always looking for groups that would like training, either for training hours or for continuing education units (CEUs).

Get together with other in-home day cares or centers in your area and call Sue Kukla, BKC program associate, at (989) 895-4026 or toll free at 1-888-678-3464 to set up a date for your training. Remember: training hours are FREE and CEUs only cost \$5 per CEU (1 CEU = 10 hours of training).

Also, MSU Extension - Bay County is setting up an E-mail distribution list for grant updates, training dates, professional development, and other childcare updates/issues.

If you would like to get on this list, have any questions or comments, please send an E-mail to Sue Kukla at kuklas@baycounty.net.

Find MSU Extension - Bay County Online

www.baycounty-mi.gov/MSUE/FCS

MSU Extension - Bay County Office will be closed Memorial Day, May 25; Independence Day, July 4.

Preventing the Flu: Good Health Habits Can Help Stop Germs

FACT SHEET

Centers for Disease Control and Prevention

1600 Clifton Rd, Atlanta, GA 30333

800–CDC–INFO (800-232-4636)

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

<http://www.cdc.gov/flu/protect/habits.htm>

May 2009